


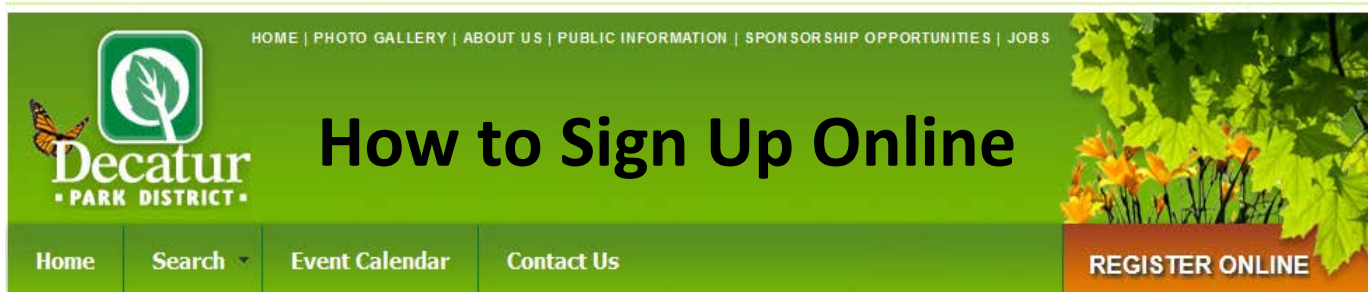


Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO BLAST 5:30-6:15AM DANCE STUDIO 1/TRACK Joe Pajer	SILVER SNEAKERS CHAIR YOGA 8:00-8:45AM DANCE STUDIO 1 Jeannie Mayfield	CARDIO BLAST 5:30-6:15AM DANCE STUDIO 1/TRACK Joe Pajer	SILVER SNEAKERS CHAIR YOGA 8:00-8:45AM DANCE STUDIO 1 Jeannie Mayfield	FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 Judy Grossman
FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 Judy Grossman	TRX 12:15-1:00PM NW CORNER/TRACK Sonja Eades	FOREVER FIT (55+) 8:00-8:45AM DANCE STUDIO 1 Judy Grossman	BODY SCULPTING AM 9:00-10:00AM NW CORNER/TRACK Jeff Rounds	Drop in Fees: MU Students/ Decatur Park District: \$4 Non-Member: \$8
BODY SCULPTING AM 9:00-10:00AM NW CORNER/TRACK Jeff Rounds	MATINEE BOOT CAMP 4:30-5:25PM DANCE STUDIO 1 Justin Brooks	BUNS AND GUNS 12:00PM-1:00PM NW CORNER TRACK Sonja Eades	TRX 12:15-1:00PM NW CORNER/TRACK Sonja Eades	Group Fitness Punch Pass! 10-Class Punch Pass MU Students/ Decatur Park District: \$25 Non-Member: \$50
BUNS AND GUNS 12:00PM-1:00PM NW CORNER TRACK Sonja Eades	PiYo 5:30-6:30pm DANCE STUDIO 1 Kathy	SPIN CLASS 4:30pm-5:30pm DANCE STUDIO 2 Theresa Himmerlrick	MATINEE BOOT CAMP 4:30-5:25PM DANCE STUDIO 1 Justin Brooks	 Visit Our Facebook! www.facebook.com/Decatur-Indoor-Sports-Center
SPIN CLASS 4:30pm-5:30pm DANCE STUDIO 2 Theresa Himmerlrick	FAMILY FITNESS 5:45-6:30PM DANCE STUDIO 2 Justin Brooks	BOOT CAMP 5:30-6:25PM DANCE STUDIO 1 Justin Brooks	PiYo 5:30-6:30pm DANCE STUDIO 1 Kathy	Benefits of Group Fitness! Accountability/Support Motivation Social Opportunities Physical Benefits
BOOT CAMP 5:30-6:25PM DANCE STUDIO 1 Justin Brooks	ZUMBA® 6:30-7:30PM DANCE STUDIO 2 Emily Mears	KETTLEBELL CORE & RESISTANCE 5:30-6:30PM DANCE STUDIO 2 Sherry Plain	ZUMBA® 6:30-7:30PM DANCE STUDIO 2 Emily Mears	
KETTLEBELL CORE & RESISTANCE 5:30-6:30PM DANCE STUDIO 2 Sherry Plain		TRX PM 5:30-6:30PM NW CORNER/TRACK Sonja Eades		
TRX PM 5:30-6:30PM NW CORNER/TRACK Sonja Eades		PURE YOGA 7:00-8:10PM DANCE STUDIO 1 Jeff Hunt		
PURE YOGA 7:00-8:10PM DANCE STUDIO 1 Jeff Hunt				



To Set up Online Account:

1. An email with your Username can be sent to you.
2. In the email, click the link “Click Here To Reset Password” to set up a password. You will use this to log in to the website each time to register for the fitness class

Register for Fitness Class Online:

1. Visit <https://webtrac.decatour-parks.org>
2. Once there, enter your Username and Password and click “Sign In”

Welcome to Decatur Parks Online Registration

Username:

Password:

Forgot your password? [Click Here](#)

Need an account? [Click Here](#)

3. Once signed in, navigate to the “Activities by Type” section of the page and click “Group Fitness”

Featured Activities	Activities by Type	Other Information
Zoo Camps	Dance	Make a Donation
Soccer	Drama	
Dance	Group Fitness	
Drama	Scovill Zoo	
Junior Golf	Sports	
Fitness		
Senior		

4. This will take you directly to the Group Fitness class list. Find the class you wish to register for and to the left of the class name click the “Go to calendar” button.
5. Click on the class for the day you wish to register for. This will add to your cart and you can check out from there.

Register for Fitness Class Online via Smart Phone:

1. Visit <https://webtrac.decalur-parks.org> using your browser on your smartphone
2. Tap on the bottom center arrow (iOS) phone or tap the “more options” button (Android Phone)
3. Tap “Add to Home Screen” (This will allow you to launch the website from the home screen by tapping on the icon.)
4. Once there, enter your Username and Password and click “Sign In”. If prompted to save the log in information, do so if you wish to stay logged in when opening the website each time. This will prevent you from having to type in your username and password every time.

Welcome to Decatur Parks Online Registration

Username:

Password:

Forgot your password? [Click Here](#)
Need an account? [Click Here](#)

5. Once signed in, navigate to the “Activities by Type” section of the page and click “Group Fitness”

Member Links	
<ul style="list-style-type: none"> ▪ Change your Password ▪ Reprint a Receipt ▪ Print a Household Calendar ▪ Print a Visit Log ▪ View your History 	
Quick Links	
Browse Activities	Zoo Memberships
Ticket Sales	Golf Passes
Activity Guide	DISC Memberships
Contact Us	Pool Passes
Featured Activities	
Zoo Camps	
Soccer	
Dance	
Drama	
Junior Golf	
Fitness	
Senior	
Activities by Type	
Dance	
Drama	
Group Fitness	
Scovill Zoo	
Sports	
Other Information	
Make a Donation	

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